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Notes of addresses and
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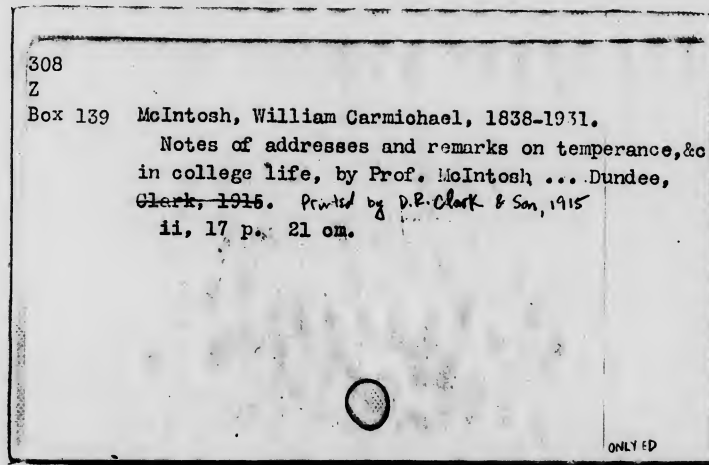
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NOTES OF *M. M.*

Addresses and Remarks

ON

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TEMPERANCE, &C. Box 139
IN COLLEGE LIFE.

BY

PROF. MCINTOSH,

M.D., LL.D., F.R.S.S.L & E, J.P., V.D., &c.

Hon. President of the St. Andrews University Temperance Society.

DUNDEE:

D. R. CLARK & SON, PRINTERS, CASTLE STREET.

1915.

DEDICATED TO THE
PAST AND PRESENT MEMBERS OF THE
ST. ANDREWS UNIVERSITY
TEMPERANCE SOCIETY.

PREFACE.

AT St. Andrews in the early part of the Session 1856-57 some students met in the room of one of them in College Street and formed a Temperance Society, for they had seen with anxiety the habits, then too prevalent, especially on Friday evenings. The freedom from home influences and the example of those who—perhaps more in a spirit of bravado than from innate evil—enticed others to join needed counteraction. No member of the new Society was more earnest and energetic than Mr. Matthew Howieson, whose gentle bearing and persuasive manner had much influence with his fellow-students, especially as he was considerably older than the majority, though in this respect he was distanced by one or two, noted as leaders on Friday evenings, who in after life disappeared beneath the surface. The Rev. M. Howieson subsequently became the United Presbyterian clergyman of Auchtergaven in Perthshire—thus a near neighbour of the writer at Murthly. He continued his services to the cause of Temperance to the last, a fatal illness having carried him off—mourned by all with whom he had come in contact—just as the writer left Perthshire for St. Andrews. May the Temperance Society send into the world many such as Mr. Howieson, whose gentle and blameless life and Christian example made a deep impression wherever he went.

About this time (1856-57) the celebrated Temperance orator, Mr. Gough, was giving his impassioned addresses throughout the country, so that public feeling was stirred on the subject, and many thoughtful students were ready for action. It is true the orator came no nearer the University than Cupar-Fife, but not a few journeyed to the county town to hear him; and others again had that pleasure shortly after, when he gave an eloquent address to the Edinburgh students in the Music Hall, at which Professor Gregory and Professor Miller ("Alcohol, its Place and Power"), among others, were present.

It was a surprise as well as a pleasure to find, on returning to St. Andrews in 1882, that the old Society had weathered the vicissitudes of more than a quarter of a century, and showed no lack of vigour, and it is a satisfaction that to this moment it is no less active, even more so than the corresponding societies in some sister Universities.

Thus inaugurated, the Temperance Society of the University, apparently the third (apart from the Football Club), since the Classical and the Literary Societies were then the only others, has tenaciously kept its footing in College life up to the present day, and its influence during all these years on the future welfare of the students cannot be overestimated. It is earnestly to be hoped that the Society will continue to flourish in the future, and that it, the Military, and the Athletic Departments may have the cordial support of every earnest student of the University.

The efforts of kind friends of Temperance who addressed the students during the last 33 years deserve grateful remembrance, and form one of the most pleasant features of the retrospect. These include Sir Benjamin Ward Richardson, Sir Alexander Simpson, Professor Calderwood, Mr. W. S. Caine, M.P., Dr. Cleghorn, of Stravithie, Sir James Affleck, Principal Cunningham, Professor Blaikie, Professor Orr, Glasgow, Professor Murdoch Cameron, Lady Griselda Cheape, Professor Herring, Principal Stewart, Sir James Donaldson (for a short time Joint-Honorary President with the writer), Rev. Dr. Playfair, Canon Winter, Dr. Sloan, and others. The student-Presidents of the Society were always men of mark, and added this invaluable asset to their University distinctions—scientific, literary, classical, or clerical.

With the view of aiding the Society in its important work the following remarks made as Honorary President to the University Temperance Society, and to the Edinburgh University Temperance Society, are published with a few additions. They are due to long acquaintance with student-life in the various Universities, and much experience as a physician, a professor, and a volunteer soldier.*

* I am indebted to Prof. Lawson for perusing the proof.

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I.

WORK AND THE CONDITIONS OF HEALTH:

An Address to the Edinburgh University Total Abstinence Society in 1887.

CULTURE—intellectual or physical—is of little avail if its possessor is weighted in the battle of life with habits which sooner or later modify, or perhaps altogether check, his advancement. Every young student, therefore, in joining the Temperance Society is taking a step which directly aids his studies, and most surely promotes prosperity in his future career.

Though the society is called the Edinburgh University Total Abstinence Society, it is understood that one of its main objects is also the fostering of that healthy tone of mind and body which feels no need for the extraneous aid of alcoholic beverages, and which inculcates temperance in all things—no less in the appetites, than in the emotions and passions.

On the present occasion the subject will be treated, as far as possible, from the standpoint of the student, supplemented and corrected by scientific knowledge, and not a few years' attention to the working of the laws of dietetics, as well as the influence of irregular habits on the life of the individual.

On leaving home for the first time there are few who have not been or are not actuated by motives of a more or less worthy kind, such as a desire to achieve distinction, to promote success in life in one form or another, or at least to exhibit, by diligence and right bearing, that they value the privileges which those who have nurtured them have generously, and often at considerable sacrifice, placed before them. Some may even depart from the parental roof with a firm determination to spare no effort to win honours, or what is perhaps better—at least to merit them. Whatever may be the particular aspirations which dominate a youth, the time comes when he is launched upon city-life, and has to depend more or less on his own exertions for future success.

In recent times the payment of the Scottish students' fees by the Carnegie Trust to some extent modifies the views hinted at in this paragraph, at least it introduces complexity into the position, since the parents in these cases no longer require to furnish the fees for University classes. The responsibility of the student to his parents is thus less, though his maintenance is still required from them unless he belongs to that enterprising group of students, comparatively rare in these times, who by teaching support themselves. There is thus a possibility of interference with those finer

feelings which in former times stimulated the student to excel, were it only to show that he was responsive to the unselfish devotion of those who, perhaps under difficulties, maintained him during College life. Undoubtedly the latter feeling often predominated in the Scottish student of former days. A case has been known, for instance, in which a senior student, nearly ready for graduation, had been struck down by a dangerous illness, and having heard in his apparent collapse the remarks of his physicians that there was little hope of his recovery, felt no concern on that head. His only anxiety was that he would thus be unable to show his sense of the debt he owed his parents, while the generous return he had vowed to make in after life would be impossible. Fortunately, he astonished his physicians by his recovery, and lived to carry out his resolves. If the payment of the students' fees by the Carnegie Trust were to affect the tone just indicated, it is doubtful if the economy of the parental funds would be desirable. The stronger these home associations are the better it is for the student, just as the ties which bind a patriot to his country are the stronger when unaffected by foreign gold. But these remarks in no way detract from the boundless liberality of Dr. Carnegie, whose main point was to place a University education within reach of the poorest Scottish student.

Now, for the accomplishment of a student's aims in his new sphere, two things, amongst others, are necessary, viz. :—(1) The methodical employment of his time, and (2) due attention to the laws of health in regard to dietary, exercise, and the ventilation of his rooms. Dietary, first and mainly, will be treated of, since upon this hangs much that I have to say.

The young man, having been fairly initiated into city-life, associates—it may be for the first time—with many who differ widely from him in habits and opinions, and perhaps with some whose training, from whatever cause, has not been productive of the results usually regarded as successful. In the latter cases, certain habits have been acquired, and have come to be viewed as perfectly legitimate habits—for the happy, free life at a distance from home influences. Amongst these is the habit of consuming beer, and perhaps drinks containing a larger amount of alcohol. If this habit of taking such beverages were followed by no other result than an occasional convivial meeting of a harmless character, and the promotion of the social instincts, no exception might be taken to it—even on the score of expenditure. But the fact is well known, that unfavourable habits—especially in certain constitutions—take root and develop in a remarkable way, so that sooner or later they are apt to prove detrimental to the health, as well as to the prospects of those who practice them.

Now, what is this habit of consuming beer and other liquids containing alcohol? It is a mere custom—fraught with no beneficial result physiologically to the individual; and in the case of

the student, it is prejudicial to that clearness of intellect and that tenacity of application which are essential for the attainment of a high position at college, and for paving the way to future success.

A notion, devoid of any scientific basis, still lingers in the minds of many, that beer and even alcohol are required in the dietary of an ordinarily healthy person. They may, perhaps, be imagined to be necessary, in the same way as the fancied invalid daily doses himself with bitters and stomachics to improve his digestion, while he loads the stomach with too much and often with indigestible food. It is true that small quantities of beer or alcohol, taken on rare occasions, may exhibit no appreciable effect of a permanent kind; but neither do small doses of prussic acid or arsenic taken in a similar way. This mode of testing is, therefore, no reliable proof of the harmlessness of either. The brewer's man, on the other hand, who habitually imbibes beer, is a conspicuous example of its deleterious influence, though perhaps he may never have been known to have exhibited those features of poisoning which are called intoxication. Yet a slight wound or abrasion on any part of his body is prone to take an unhealthy action, and he perhaps succumbs to an injury which would have been comparatively trifling in a man who does not imbibe beer. The surgeon well knows how unfavourable a type the brewer's man is for any—even the slightest surgical operation; while the physician is likewise familiar with the rapid and fatal internal changes characteristic of the same type of patient, for example, the gin-drinker (and his liver). This shows that the habitual use of the apparently harmless beer brings the system into an unhealthy condition; and students need hardly be told that the relationship existing between body and mind is so close that the one acts and reacts on the other. Moreover, there is no part of the organism which becomes sooner affected under these circumstances than the nervous system. Hence the beer-drinker is less favourably situated, intellectually, than a man of similar calibre who abstains from the apparently innocuous beverage.

If particular care has been taken to show the effects of a liquid which contains perhaps only 2 or 4 *per cent.* of alcohol, it may readily be imagined that the action of alcohol itself is much more potent. It is, further, only necessary to remember that all the investigations which have recently been carried out by men of science prove that it is essentially deleterious, and it is well known that it is a substance which will kill quickly if taken in large quantity. In fact, this is one of the legitimate functions which alcohol performs in connection with the modern side of University life. In our practical classes and marine laboratories a weak solution is used to stupify the beautiful animal sea-flowers, so that they do not contract when a stronger alcohol is added to kill them. Again, while there is nothing better than good alcohol for preserving the dead tissues of man and animals in University

museums, there are few things more actively stimulating and irritating locally, or more serious in its general results, when conveyed frequently into the alimentary canal of the living form.

It is held, then, that the student who wishes to achieve solid success at college should be as temperate as it is possible to be in regard to both beer and the stronger alcoholic drinks. For is not student-life a constant gladiatorship, in which the clearest intellects, the closest application to work, and the soundest constitutions in the end carry off the palm? The close relation between body and mind is perhaps only fully known to the physician; but even the uninitiated may perceive that in such a period of probation (gladiatorship, it may be called) it will require all the care—even with a simple and nutritious dietary and regular exercise—to keep the physique in good fighting order, without the disturbance caused by the introduction of unnecessary articles, such as beer or stronger beverages. The competitor who consumes beer, or who is not strictly temperate in regard to smoking and other habits, will, under like circumstances, present but an indifferent appearance.

This contrast has been drawn from the picture of one of the critical periods or emergencies in the college career of a competitor for honours; but the same remarks apply to those who do not engage in competitions. For success in his college career, therefore, the student should avoid all these unnecessary drinks, and exercise the same moderation in regard to smoking and similar habits. The same rule applies to the young man in business. It is the 'all-round' temperate man (if the expression may be used) in these things who is best able to bring the full force of his intellect and energies to bear on his work, and who, in the long run, will carry everything before him. The student, like the athlete, has so to train himself that he not only runs well, but has at the same time sufficient powers of endurance; for he cannot too soon get quit of the idea that anything that is intellectually worth doing can be done without labour. In these days of close competition for every vacant office, and in the crowded condition of every sphere in the country, it is all the more necessary to bear this in mind even from earliest days.

The University may be regarded as an epitome of the world. The truly distinguished man there,—that is to say, the student who, by the exercise of those principles of self-restraint and steady application to work, attains an honourable position, has placed himself under the most favourable circumstances for holding a similar position in after-life, unless broken health or inattention to the collateral accomplishments—so necessary in intercourse with the world—interfere with his prospects. On the other hand, the student who leaves college comparatively unknown to the honours' list, but who subsequently achieves real distinction, has certainly bestirred himself, and has brought into play those energies, that

self-restraint, and that steady application to duty, which the student distinguished at college had the foresight to practice so early.

With a tolerable constitution, a young man will undergo the strain of severe and long-continued effort with comparative ease, if he altogether avoids, or is rigidly moderate in the use of, beer and other liquids containing alcohol, refrains from much smoking, and otherwise lives a healthy and temperate life. Indeed, Blumenbach asserted that no man ever died of hard study; and in this connection—both in regard to young and to old students—few will disagree with an old friend, Professor Laycock, formerly of Edinburgh University, who always urged that it is far better to wear the sword out than let it rust out.

By the term healthy life, is meant that the student should alternate mental labour with proper exercise, and that his dietary should be both regular and nutritious. Nothing, for instance, can compensate for the absence of exercise in the open air. Sedentary pursuits indicate that the best foil is to be found in football and other athletic games in the open air; that in the ranks of the University Rifles, under Sir William Turner, the student should shake off the cramped attitudes of his study, and gain lithe movement and manly bearing. Except the gymnasium, no indoor entertainment—however varied and however fascinating—can be compared with these for this purpose.

Moreover, such open air exercises must not be followed by convivial meetings in hotels or similar places. These convivialities would impair the result, and instead of the healthful and manly influences which such bracing pursuits foster, there is substituted the tendency to headache, the parched tongue, the restless night, and the irresolute and unstrung nervous system which have already been descanted on. Besides, there is an absence of that equanimity and innate satisfaction which the consciousness of a well-spent day invariably gives.

Further, in regard to dietary, the student should avoid late dinners, taking, so far as possible, his heavy meal in the middle of the day, so that his evenings can be devoted to quiet study (for there cannot be a doubt that thus—in his room—his reputation is achieved) without the attendant indigestion which might otherwise be engendered. He can afford for the time to be indifferent to the opinions of society—if he finds his health good and the progress of his work satisfactory. He cannot always retire early to rest, or retiring betimes, must be early astir, because lengthened slumbers are almost incompatible with a distinguished career at college. The poet even tells us—

'The heights by great men reached and kept
Were not attained by sudden flight,
But they, when their companions slept,
Were toiling upward in the night.'

Longfellow—The Ladder of St. Augustine.

The student's days are usually so fully occupied, that study must of necessity be prolonged when others are asleep. But upon every occasion when this can be done without retarding progress, he should retire early; and such ought to be the rule in the intervals between seasons of hard work.

Again, while the student—who is strictly temperate in all things—places himself physically and mentally in the best possible position for the successful accomplishment of the main purpose of college-life, he also insensibly fits himself in no small degree, for entering on the wider area of the world. Moreover, he has the additional satisfaction of knowing that, while benefiting himself, he is also, by the force of his example, conducing to the benefit of others. To those whose views of the world are still fresh and sanguine—such advice may appear to be far-fetched. It will require but a few years longer, however, to shew the great and often untold mischief which the indulgences hinted at give birth to.

The prevalence of the tendency to acquire a liking for beverages containing more or less alcohol, is doubtless due in many to certain hereditary conditions—not always readily appreciated—which remain quiescent if temptation be absent, or if the will or controlling power be sufficiently strong to keep them in check. The student, therefore, who lives what has been termed an 'all-round' temperate life, the only truly rational one, exercises on such cases a most beneficial influence. He will also be none the less cheerful and happy, for there is nothing of asceticism in the course indicated.

Moreover, a healthy tone will pervade his whole frame, and at the end of the session he will meet, on returning home, the eyes of those who perhaps have anxiously, though silently, watched and waited, conscious of having done his best to carry out the aims with which he started. It is true he may not, in all cases, have gained high distinction, because such depends on a combination of circumstances not always under control, but he will certainly have made substantial progress—intellectually, morally, and physically. He has, indeed, rightly appreciated that—

'We have no time to sport away the hours—
All must be earnest in a world like ours.
Not many lives, but only one have we—
One—only one;
How sacred should that one life ever be!'

II.

TEMPERANCE AND THE STUDENT.

An Address to the St. Andrews University Total Abstinence Society.

THAT the principles inculcated by the Society are of the utmost importance to the young student no one will deny. They, in fact, form the basis upon which the future super-structure is built, and, besides, are interwoven in a complex manner with everyday life. Yet there is nothing special or peculiar about them, since they simply aim at rendering our lives more perfect in themselves, more influential for good to others, and even, in a worldly sense, more successful. The young mind—full of hope and energy—easy, or even confident, as to the future, is apt to overlook all the advantages of a life moulded on these plans, and to pass them by at a period when incorporation is most readily accomplished. If one thing more than another could be urged it is the early inculcation of the principles of total abstinence in regard to alcoholic liquors, and other insidious though not less dangerous habits, for, on the present occasion, other phases could not be excluded in the formation of that complex thing which we call character. The strict adherence to the principles of temperance, besides, is but a part of the general scheme which aims at the highest excellence of human existence—the *mens conscia recti* in its fullest sense.

It is well then to avoid altogether, unless under medical advice, the taking of any kind of stimulant—be it wine or beer, in short, alcohol in any form, and to confine yourselves to water, or other perfectly innocuous beverage. A healthy frame requires no other, and on this alone perfect vigour—physical and mental—can be maintained. In the same way by our example we might at least diminish the present widespread habit of smoking which has invaded our Universities, and even the Board and other schools of the country.

Smoking in recent times has become extremely conspicuous in college life. In the "fifties" of last century smoking within the University Quadrangle at St. Andrews would have been deemed unworthy, as well as a breach of the regulations, and even in the streets a student was rarely encountered with either pipe or cigar. Indeed, in St. Andrews, up to 1884, smoking was almost as rare as in the "fifties." Thereafter, however, the ways of the German laboratories were introduced, and gradually crept from professor to student, until to-day it is exceptional to find a single student who does not smoke. Smoking in many causes thirst, and this thirst may sometimes be quenched by other liquids than

water, especially in those who have a tendency to take alcoholic drinks of one kind or another. Irrespective of this tendency, it cannot be asserted that this habit conduces to clearness of intellect, strength of muscle, or great endurance in the student. The use of the narcotic may soothe or benumb the irritated "nerves," and conduce to a feeling of self-satisfaction, but it cannot be denied that it enters the minute ramifications of the bronchi even to the terminal air-cells, and is gradually exhaled into the pure air of an apartment. Whether this habit is beneficial to the healthy student is an open question; thus the programme of Gymnastic Exercises in Amherst College, Massachusetts, has the following entry on June 23, 1891:—"The matter of tobacco-smoking as an influence upon the physical development of Amherst students has been studied in the history of the class of 1891. Of this class 71 *per cent.* have increased in their measurements and tests during their whole course, while 29 *per cent.* have remained stationary or have fallen off. In separating the smokers from the non-smokers it appears that in the item of weight the non-smokers have increased 24 *per cent.* more than the smokers; in height they have surpassed them 37 *per cent.*, and in chest-girth 42 *per cent.* In lung-capacity there is a difference of 8.36 cubic inches in favour of the non-smokers, which is 3 *per cent.* of the total lung-capacity of the class." (1) Again, recent investigations by Dr. F. J. Pack would seem to show that, notwithstanding the optimism of the inveterate smoker, he does not escape "Scot-free." Dr. Pack, finding it impossible to draw definite inferences from the comparison of students who were athletes and others who were only scholars, chose the football men, who formed a very nearly homogeneous group. In the football trials only half as many smokers as non-smokers were successful. Further, in the case of able-bodied men smoking was associated with diminished lung-capacity amounting to 10 per cent. In the case of the "scholars" it was found that about 70 *per cent.* of the candidates obtaining highest marks were non-smokers, whilst 70 *per cent.* of those obtaining lowest marks were smokers. No undue weight need be placed on these statistics at present, but they suggest further observations and experiments, especially as they are not out of line with the physiology of the habit.

In this connection it may be well also to allude to another aspect of the smoking question, viz., the number of fires and accidents directly due to this habit. A match carelessly thrown down, in not a few cases by smokers, either without or within doors, at a farm-stead, is frequently the cause of serious disaster to crop and stock. Many acres of moor and wood have been destroyed by the same agency, probably more than by the sparks of passing

(1) I am indebted for this extract to Dr. Paul C. Phillips of Amherst College, United States of America.

locomotives. The unchecked desire of the miner, who removes the guard of his safety-lamp to light his pipe, in the same way may be followed by fatal results to others as well as to himself. Smoking in bed, at home or in hospitals, whether authorised or unauthorised, has led to accidents due either to match or pipe, just as the candle of the somnolent reader does in his case. A carpenter, again, lights his pipe in a large institution newly completed, throws away the match which falls into a coal-shoot lined with wood and with shavings at the bottom, and is thus the cause of an immediate blaze. Further, it may happen that a portion of a workman's time is daily spent in lighting pipes, especially in the open, and when in charge of horses at a busy period on a farm. So important is the discipline in regard to matches, both of smokers and others, that in most well ordered institutions one of the printed rules is that, after lighting, no match shall be thrown down. Smoking was safer in the olden time with flint, steel, and match-paper.

All other views than those stated above with regard to alcoholic liquids are, unfortunately for many a victim, a snare and a delusion, and, with the exception of urgent cases, it is seldom, even in the domain of medicine, that much modification of this opinion is necessary. The records of temperance hospitals, for instance, compare most favourably with those in which alcohol in one form or another is used in the treatment of the cases. Students will best carry on their work, and maintain a sound physique for all emergencies on this regime, for all will feel happier, have clearer intellects, and greater powers of endurance than by any other method. No unpleasant headaches, or feelings of lassitude will depress you; and more than all, you will have no qualms of conscience as you think of those at home, and no loss of that high tone and self-respect, which make life so ennobling.

To the student, perhaps, more than to any other is strict temperance of vital importance. Though it is true his work is spread more or less over the entire year, yet it is concentrated in certain busy terms or sessions during which it is necessary to labour at what may be called high pressure if he wishes to distinguish himself, or even attain a good position. Most students of average physique are quite able to undergo the extra strain of nocturnal work before an important competition or examination if they adhere to the advice just given. Moreover, they are not only able to concentrate their energies in an emergency from night till morning, but—with a clear grasp of the subject and a perfect command of all their powers—to win a high place on the list. Those whom nature has endowed with powerful intellects will thus, perhaps, surpass all their fellows, while even the average student will most certainly be in a position to take full advantage of his powers. Besides, both will ever be ready for fresh exertions, and the discipline of regular work will go far to form

the foundation of future eminence—mental, moral, and physical. If, after long experience of students, not alone confined to this University, one was asked to say what most conduced to success in life, the reply would be—strict adherence to the principles of temperance. It is the only life fitted for the development of the highest powers, the only life in which these powers can be sustained, and the only one that leads to the greatest of all goals in this world, viz., what is usually termed at its close a well-spent life.

Skilful generals, like the late Lord Roberts, in emergencies, such as the sudden and rapid march from Cabul to Kandahar, pick out the troops noted for their sobriety, well knowing that these are the men for reliable effort and great endurance. The same selection is necessary in facing the fatigues and exposure during arctic and antarctic explorations. In civil life those who have long indulged even in a moderate amount of stimulant of any kind make an indifferent figure when staying power is necessary—for instance, in a hard day's shooting. They are the men who require frequent aid in surmounting dykes and other obstacles, while the accuracy of aim is too often interfered with. The loss of this nervous tone is also well illustrated, as Professor Herring so graphically pointed out at the Annual Meeting some years ago, in operations, such as printing, requiring swift and accurate manipulation. After a day of rest in which the printers had, perhaps only to a slight extent, indulged in stimulants, the errors were always conspicuous.

Nations, no less than individuals in these strenuous times, do not hesitate to inculcate, if not enforce, the strictest principles of temperance. Thus Russia, with its 140 millions of inhabitants, has suppressed the manufacture of vodka—so long the curse of the country, and with which the resolute soldiers of that empire, for instance, were formerly infuriated when they rushed in the mist to the parapets of the British at Inkerman, yet their dense masses were cut in two by the equally brave but temperate defenders. Now no Russian soldier touches this fiery liquid with the result that the remarkable fighting powers and endurance of the sober Russian soldier have led to many successes against brave and determined foes. The more stimulants are reduced in our army and navy the better will it be for these services. It has been supposed that rum in the navy is an exception. This is a misapprehension and cannot too soon be remedied.

In the case of the individual it is not necessary to call in the aid of imagination. The narrative of a case supplied by a friend is sufficient. Picture to yourselves the cultivated and popular son of one who was trained at a University, had been a guest of its Principal, and had attained eminence in the Church. In these days no Total Abstinence Society existed in any University, and stimulants were taken, if not to excess, at any rate rather

freely. The father, a shrewd and sagacious man in many ways, carried this custom to his manse in a beautiful parish, yet he never exceeded the limits of what was then termed propriety. But his son had a different constitution. His familiarity with such customs in the manse, and his own genial and social disposition, led him, while yet a student, to join prominently in many convivial meetings as well as in society, where he was a general favourite. Though never conspicuous for any serious lapse, the habit of indulging in stimulants had evidently acquired a considerable hold. In due time he was licensed for the ministry, and family influence soon obtained for him an assistantship in an important church in a large city. In this post the easy habits he had acquired remained, and doubtless must occasionally have been observed by some of his friends, though the general bearing and talents of the young clergyman made him exceedingly popular. By and by he received an appointment to a comfortable country parish, with accessories that made it exceptionally valuable. Success in life had thus attended his career—notwithstanding the habits which have been alluded to. But now a change—which led to his early death—was inaugurated. Although charmingly situated, his manse was lonely, and his parishioners lived in scattered hamlets. The heritors were much from home, and thus he was thrown on his own resources—without the check of watchful eyes and the ready counsel of friends in the large city. Deterioration set in, and in a year or two the eloquent preacher became unpunctual and unreliable, was constantly in financial troubles, and sorely taxed the patience of his parishioners as well as caused anxiety to his friends. Yet some of the latter blamed his lonely life in the manse as the cause of the change, and urged marriage, and this was by-and-by accomplished. The habit of secretly taking stimulants, however, had already obtained a firm hold, so that the increased comfort and regularity only warded off the danger for a time, but by no means eradicated it. By-and-by the clear and persuasive voice stuttered, the face lost its repose, and the easy, firm carriage was merged in the slightly shuffling gait of one whose nerve-centres had suffered—in this case by poison. The hardy constitution was thus slowly but surely sapped, and as the ruin of health and strength advanced, so the craving for stimulants increased, and the end soon came to that wasted life—in one so young and so gifted—leaving a heart-broken widow and a delicate child, the former to follow him in no long time. But this was not all. While private financial troubles and grave complications in the parish harassed the unfortunate man, a near relative, who apparently had been so misled as to sanction the marriage, had a fatal seizure on comprehending the position of affairs.

Thus was disaster entailed on two families at least, and a bright career clouded by the absence of those early lessons which, once instilled by home-example and influence, are never lost, but

increase in force (especially by contact with the earnest members of such a society as the University Temperance Society), and make at once a guard and an encouragement to higher efforts.

Is it without grounds therefore that men of experience counsel those who have an opportunity of influencing the student to remember that there are almost always some who readily yield to temptation? He who forgets this fact, causes disaster, and is certainly culpable. What satisfaction, for instance, can the most cultivated and genial of men have, if, after an entertainment intended as a compliment to his young friends, one or two should barely escape rustication? Though the young student is not blameless, even in unwonted temptation and surroundings, yet the chief responsibility is on other and older shoulders.

The moderate man should find no quarter in either of the circumstances just mentioned. On the contrary, in both he lays himself open to criticism.

And here let it be urged on the younger students sacredly to cherish those priceless home-lessons which have been alluded to, all the more if they have for the first time left the parental roof, and meet, perhaps, with others who may not have had the same opportunities. Let no false pride, or a nature too sensitive to sarcasm, deter them from at once joining the Temperance Society, and adding both their influence and their example to the good cause. Let them have the resolution to bear even greater things than a few meaningless taunts for the sake of those dear to them, and, even in a selfish sense, great will be their reward. Besides, in a few years, perhaps, after leaving college, it has more than once happened that he who (in their hearing) has made light of temperance principles has fallen behind in the race of life, if he has not wrecked his career altogether, while he who had the courage of his opinions, and resolutely adhered to the priceless training just mentioned, has passed from success to success. Therefore, no half hearted measures or faltering steps should be taken in regard to this all important course. Thus will the young student place himself in the best possible position for achieving success at College, for he will ever be ready for intellectual work, just as he will be for physical exercise, and he will, further, have the consciousness of having done all in his power to keep lines of care from the brow of those who are so deeply interested in his progress, and who thoughtfully, and it may be tenderly, look forward to his return.

Moreover, if his physique is good he may look forward to a green old age in which no complications born of indulgence in stimulants has a place, and, though not immune from other ailments and the effects of senile exhaustion, he will surmount many attacks to which those who do not follow so healthy a life will succumb. He will moreover in all probability conserve the senses

of sight and hearing and his muscular activity far beyond the average period. Further, he can honestly say, in reply to complimentary remarks by his physician and others on his longevity, that he had followed a strictly temperate life, especially as regards alcohol.

But let us now briefly glance at some of the broader aspects of the question. As representatives of culture in the State, the members of a University, even the youngest, have certain responsibilities to others. We are expected not only to bear the torch of knowledge with us wherever we go, but also whatever is good, and this both by example and by precept. We can all do much—not perhaps always in public—but, at any rate, everywhere and at all times in private.

Familiarity with the evils attendant on the use of alcohol is, unfortunately, not difficult to acquire; but the knowledge that it is neither food (*i.e.* nourishment) nor safe medicine (apart from the advice of the physician), that even its influence on the sick and dying is in many cases open to doubt—is less easily gained. Few will deny, at any rate, its serious effect on the comfort, health, and prosperity of the community. It has been well said that the historian will point to the fate of savage tribes that have melted away under its influence. The jurist will tell that the greater part of the crimes in our country are directly or indirectly traceable to it. The physician (and none has greater opportunities of observing its effects in public and private than he) will demonstrate the special maladies it engenders, its frequent occurrence as a cause of insanity, and of the permanent deterioration of the races which indulge in it. It is true it may also be an early symptom of mental disease, a precursor of intellectual ruin, and it may likewise occur as a result of confirmed brain disease, but there is no doubt it is the primary cause of many a case of insanity. The physician's daily duties bring him in contact with numerous sad illustrations, and if he lives long enough he will be able to trace its baneful influence not only in the present but in a future generation. In like manner the clergyman will mourn the prominent share indulgence in alcohol has in sapping the morality and independence, the spiritual welfare and thrift of his flock. The statesman will dilate on the social disasters caused by intemperance, on the enormous annual expenditure necessary to produce what is at best a doubtful medicine, a drug—excellent, perhaps, for experiment, and for the preservation of the dead tissues of men and animals, but often calamitous when taken into the interior of any of them—either by accident or design. He will further expatiate on the grave burden imposed on the nation by its direct and indirect influence on sickness, on crime, pauperism, and immorality. Now it may be asked if any other substance in the whole wide world bears such an indictment? Not one. Not even in India does the opium traffic, about which we heard fully

from our late esteemed President and constant friend, Mr. W. S. Caine, carry with it such a train of evils in its wake.

As an instance of the occurrence of this fatal tendency in a brain altered by injury the following will suffice:—A powerful and healthy man had reached his 30th year with unblemished character, and had gained a position of comfort and responsibility. He was not a total abstainer, but was never known to be under the influence of alcohol. At this age he was savagely assaulted and the skull fractured in the region of the forehead, and this while he was asleep. To the surprise of his surgeons he quite recovered from this dangerous injury, and resumed active duty. About six months afterwards occasional indulgence in alcohol was observed, but he rallied and made an effort to keep control—at the urgent request of a friend, to whom his subsequent promotion was due. For eight years he bore himself as before the accident—a valuable and trusted official. Unfortunately, his old chief, in whom he placed implicit confidence, retired, and his successor failed to understand and appreciate him. Gradually the old tendency returned, and finding neither sympathy nor forbearance, he soon lost both his position and self-respect, and disappeared. Here brain-injury was clearly the cause; suitable surroundings the check, though the fall might not have happened if he had been a total abstainer.

The hold which this habit of indulging in stimulants takes of its misguided victims is remarkable. An accomplished manipulator in a museum, for instance, will not hesitate to remove the preparations of human anatomy from the jars and drink the spirit, and one of the most skilful in the department was thus found dead in a sitting position in a press in a museum—poisoned by his insatiable thirst for alcohol. It has also more than once happened that a man, in charge of valuable collections of fishes or other forms made in foreign waters, has, in the absence of his chief in Britain, ruined the specimens by daily abstracting the spirit from the cask containing them, so that the value of the coloured drawings taken from life was seriously reduced in the absence of the actual specimens for comparison.

It is, therefore, against this dangerous habit of taking alcohol in any form in the absence of and often contrary to medical advice that the Society would ask the aid of every student in this University. A custom handed down from age to age, and deeply rooted in society, dies slowly—even under vigorous and sustained attacks. Hence the need for widespread and continuous efforts. Everywhere throughout our country—in the crowded city with its swarms of gin-palaces, as well as in the rural retreat with its single public house (the focus of much of the evil in the quiet village)—opportunities for the furtherance of temperance principles exist. In some cases, it is true, the disasters resulting from intemperance are more easily combated than the indifference and

self-conscious superiority which make each so competent to take care of himself, while looking coldly on the idea of doing anything to influence others.

We have only to glance around us, even in many a small maritime town, to see how temptations for indulgence lead to wide-spread discomfort and the closing of many a home. For a quarter of a century especially we have heard much of the ruin of the fisheries, and of the impending effacement of the hardy liner, who now pursues his time-honoured calling, heavily handicapped by the powerful fleets of trawlers sent from all the great ports, equipped with all the apparatus modern skill can produce. But if an estimate were made of the amount of money spent by the fishermen of one of these small towns, and they are not few, in the public-houses during the year, the marvel would be to find whence it was derived. Not the closure of the North Sea for their exclusive use would confer greater benefits on many of the liners of Scotland than the abolition of such houses and the conversion of the men to strictly temperate habits. That a man—chilled and weary after his arduous and daring search of the sea—should step from his dripping craft a few yards to the one tavern to warm himself (according to his views) with “fire-water” might by some be excused; but that, after reaching the comforts of home and family, he by-and-by steps the same distance to another tavern to imbibe more of this fiery liquid, is a condition of things and a temptation by no means creditable to any town.

Though scarcely credited, it has long been hinted that the skill of many of our finest workmen has been diminished by the frequent use of stimulants, so that, for instance, fine stone-engraving and the highest class of colour-lithography can now only be secured by going abroad, where, moreover, it can be executed at half the cost. It may be, however, that this serious result is partly due to the complexities of labour-troubles and the loosening of those ties which formerly knit master and workmen together, and conduced to excellence in production in every department. In any case, there can be no doubt that stimulants are out of place in a skilled handicraft, such as engraving and lithography, and all the intricate departments connected with shipbuilding, the manufacture of armaments, and the multitude of industries associated with the prosperity of the individual and the welfare of the nation. The enormous sums spent in our country on stimulants is a standing menace to its safety and prosperity, and whilst the freedom of the individual is a paramount aim, that freedom rests solely on its harmonising with the welfare of the State.

Be that question as it may, the present national strain brings out a remarkable fact, viz., that the power of rapid production in certain industries has, it is stated, been materially lessened by indulgence (even to a moderate degree) in alcoholic stimulants. That is to say, even with “overtime” work the manufacturers

cannot produce so much as under ordinary circumstances. There can be little question that, if the consumption of alcohol enters into the case, such would be the result expected by skilled investigators. It may be, however, that other factors are concerned, so that further investigation is awaited with interest.

Thus it is that everywhere we have ample scope for our energies in advancing the cause of temperance, and doing all in our power to alleviate the miseries which indulgence in such beverages entails on every rank of mankind. The duties, however, of most of us, at present, bring us more in contact with each other than with the general public, and therefore it is that, in the first place, we should concentrate our efforts to secure the safety of our comrades. If perchance a lapse, and it is to be hoped it may for ever be *if*, occurs in our midst, it may be from that over-confidence which begets carelessness—we shall deal with one whose conscience is sensitive to every oscillation of that already alluded to as the complex thing which we call character, and that it will respond to the counsel of those whose only aim is the good of the student now and his success hereafter. Such a lapse in one nurtured in rectitude is indeed its own punishment, and few there are who would a second time encounter the poignant remorse, the clouded future, the unavailing regret that could so easily have been prevented, and that diminution of self-respect which is so galling. May no one here ever meet with such sorrow. Neither wealth nor position, great talents nor the plaudits of men, can ever bring back its pristine happiness to that soul. Nothing, indeed, can be compared with the consciousness of having resolutely surmounted temptation, and kept unsullied that which has been committed to our care. But yet, in such a lapse as that hinted at, there is no reason for despair. It is human to err, but in this case it is almost divine to reform—to shake off, as Gough did, the hideous nightmare, and feel all the blessings that have been briefly sketched, and which are associated with the objects of the Temperance Society. The lines of a poet of the people—who himself had passed through trials of a different kind—are appropriate here:—

Never despair when with troubles contending,

Make labour and patience a sword and a shield,

And win brighter laurels with courage unbending;

Than ever were gained on the blood-tainted field;

As gay as the lark in the beam of the morning,

When young hearts spring upward to do and to dare,

The bright star of promise, their future adorning,

Will light them along, and they'll never despair.

A Smart—Dunder, 1861.

Let us then show by our example and precept that alcohol in any form is quite unnecessary in ordinary life; that we can intellectually work harder and longer, and achieve (or at least merit) success without it; that we can endure physical strain and

mental worry far better than by injuriously affecting the heart on the one hand, or deranging digestion and benumbing the nervous system under its influence on the other; that our views of persons and things are not narrowed by its absence, but, on the contrary, are both broad, and full of clarity to all men; and that we are actuated by no selfish motive, but only strive for what is best, and for the greatest good to the greatest number.

Imbued with such views as have been briefly outlined, our collegiate life will be rendered both pure and elevated, and every member of the Society will have the satisfaction of becoming a centre of good to his or her fellows—and thus of fulfilling one of the main objects of our short existence here.

Finally, the introduction of women into University life has been an aid to the cause of temperance, so far as experience at St. Andrews goes. Even before the advent of the women-students, the ladies of the University and of the City were as a rule favourable to the movement. The influence and example of the women-students in all that pertains to the higher ideals of student-life have still more been of essential advantage in regard to the cause of Temperance in its widest sense. Whether in the class-room or in the home, it falls to the lot of women largely to influence the present and future generations in all that pertains to purity of life and nobility of character; and nowhere can this influence be more efficiently wielded than in promoting the spread of temperance principles in the young men of our Universities.

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